



FROM A HOSPITAL BED

In the last few days this was circulated on Social Media, pertaining to be a reflection from his hospital bed by Pope Francis. I cannot verify that this is so, though the famous prayer attributed to St Francis "Lord make me an instrument of your peace." Is in all likelihood not by him but it is still true. Whoever wrote this it is very wise.

"The walls of hospitals have heard more honest prayers than churches...

They have witnessed far more sincere kisses than those in airports...

It is in hospitals that you see a homophobe being saved by a gay doctor.

A privileged doctor saving the life of a beggar...

In intensive care, you see a Jew taking care of a racist...

A police officer and a prisoner in the same room receiving the same care...

A wealthy patient waiting for a liver transplant, ready to receive the organ from a poor donor...

It is in these moments, when the hospital touches the wounds of people, that different worlds intersect according to a divine design. And in this communion of destinies, we realize that alone, we are nothing.

The absolute truth of people, most of the time, only reveals itself in moments of pain or in the real threat of an irreversible loss.

A hospital is a place where human beings remove their masks and show themselves as they truly are, in their purest essence.

This life will pass quickly, so do not waste it fighting with people.

Do not criticize your body too much.

Do not complain excessively.

Do not lose sleep over bills.

Make sure to hug your loved ones.

Do not worry too much about keeping the house spotless.

Material goods must be earned by each person—do not dedicate yourself to accumulating an inheritance.

You are waiting for too much: Christmas, Friday, next year, when you have money, when love arrives, when everything is perfect...

Listen, perfection does not exist.

A human being cannot attain it because we are simply not made to be fulfilled here.

Here, we are given an opportunity to learn.

So, make the most of this trial of life—and do it now.

Respect yourself, respect others. Walk your own path, and let go of the path others have chosen for you.

Respect: do not comment, do not judge, do not interfere.

Love more, forgive more, embrace more, live more intensely!

And leave the rest in the hands of the Creator."

David Poultney